THE

Occaſional Monitor:

OR,

Short Reaſons *and* Obſervations *offer'd to the* Farmers *of* England, *&c.*

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THE Occaſional Monitor:

OR,

Short Reaſons *and* Obſervations *offer'd to the* Farmers *of* England,

That they may not be ſo readily *deceived* by the *Diſtillers* ſubtle Inſinuations at this Time; who endeavour to make them believe, That the *Landed Intereſt* of *Great-Britain* will be ſoon brought to Ruin and Decay, if the *Parliament* do not this next Seſſions repeal the late Act that obliges them to make their *Engliſh Brandies* and other *Spirits* of *Full Proof*; to the utter Deſtruction of the People, their Lives and Morals.

Humbly Addreſs'd to

The Right Honourable Sir ROBERT WALPOLE, Knight of the moſt Noble Order of the *Garter*, Chancellor of the *Exchequer*; and to the reſt of the Lords of the Treaſury.

LONDON:

Printed for *H. COOKE*, in *Fleetſtreet*; and *E. COOKE*, under the *Royal-Exchange*. M.DCC.XXXI.

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THE

Occasional Monitor:

OR,

Short Reflections and Observations offered to the Inhabitants of England,

That they may not be too readily deceived by the Pro-
fane Scoffer, who endeavour to make
them believe, That the Laws of Great Britain will be
soon brought to Ruin and Decay, If the Parliament do not this
next Session repeal the late Act that obliges them to make their
Declaration and enter Subscription; to this end
Declaration of the People, their Lives and Morals.

The Right Honourable Sir ROBERT WALPOLE, Knight
of the most Noble Order of the Garter, Chancellor of the Ex-
chequer, and to the rest of the Lords of the Treasury.

LONDON:

Printed for R. Goreh, in Fleet-street; and E. Goreh, under
the Royal Exchange. MDCCXXII.

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THE

Occaſional Monitor, &c.

WHEREAS the Parliament, by a late Law to prohibit the diſtilling and vending of *Geneva*, *Common* and *Compound Spirits*, have thought proper, in their great Wiſdom, to impoſe a High Duty on the Retailers thereof, in Hopes that it might, in a great Meaſure, prevent the ſame, in tender regard to the *Health* and *Welfare* of the People, not imagining in the leaſt that the *Common Spirits*, call d *Engliſh Brandies*, would ſo univerſally prevail; and to ſtop the Clamours of the Diſtillers, who made heavy, though unjuſt Complaints, That ſo great a Diſcouragment to their Buſineſs in diſtilling and vending ſuch large Quantities of Corn and Grain, would be the higheſt Prejudice to the *Farmers*, and conſequently leſſen the *Landed Intereſt* to ſuch a Degree that it would be a greater Detriment both to *Landlord* and *Tenant* than the *Land-Tax* itſelf.

UPON theſe *Allegations*, or rather falſe *Suggeſtions*, as I ſhall ſhew by and by, the Parliament indulged them with this *Liberty*, to diſtil *Engliſh Brandy*, &c. provided the ſame were all of *Proof Spirits*; that is, *Inflamable* enough to fire *Gunpowder*; whereas their *Geneva*, and other *Simple* or *Compound Spirits*, formerly di-

ſtill'd and vended, were not limitted to any *Degree* of *Proof* in any Kind or Nature whatſoever; and ſo of Courſe they were left to their own *Liberty* to act as they pleas'd. This, I grant, was an *extenſive Liberty*, but could not be call'd a *Liberty* of *Conſcience* though, but an *unconſcionable Liberty*, to make their Goods as they pleas'd, and to ſell them for what they pleas'd, ſo that they could agree to pleaſe one another.

BUT all this Indulgence to raiſe *Fortunes* to themſelves as they pleas'd, did not that Prejudice to the Subject, within any Degrees of Calculation, like as the preſent drinking of *Proof Spirits* does now; for theſe do not only kill, which would be ſome *Charity* to the Publick, but theſe *maim* and *diſable* the *Drinkers* thereof, ſo as to be only fit for *Hoſpitals*, *Alms-Houſes*, and *Bedlam* itſelf. Even ſo much as that no manner of *working Tradeſmen*, *Artificers*, and *Farmers* themſelves can employ Servants, but they muſt give them larger Wages, by a 4th or a 3d Part for Day Labourers, if they are ſober Men, not daring to employ *Dram-Drinkers*, becauſe they have not half the Strength and Capacity they ought to have to do their Buſineſs; beſides the many fatal Inſtances we meet with of Day-Labourers falling off Houſes, and other the like Accidents, thro' Drunkenneſs; and if it happens the Huſband be a ſober Man, and comes home to his Family, if his Wife be a *Dram-Drinker*, 'tis ten to one but he goes Supperleſs to Bed, if he meets with no worſe Treatment, and has even a Bed to lie on: For it is obſerv'd throughout the *Bills* of *Mortality*, and for ſome Miles round this Town, the poor Houſekeepers have not a quarter Part of Houſhold-Goods, I mean, neceſſary Furniture of the Houſe, that they us'd formerly to have; but if they had, they are all gone to pawn: Nay, the inferiour *Farmers* in the five Counties adjacent to *London*, us'd to have a pretty *Cupboard* of *Pewter* and *Braſs Plate* ſet out to Show, and now and then a *Caudle-Cup*, or a good *Silver Tankard*, all as bright as the Looking-Glaſs; but now they can ſcarce ſhew a clean Suit of Cloaths to go to Church in; or, perhaps, through a Dram too much over Night, not a clean Smock to their Backs, or a Quoif to their Heads.

Now

Now as to the *Farmer* or *Diſtiller* in particular, all their Arguments muſt fall to the Ground at once, in clamouring againſt *Corn* being too cheap; for that is the great Advantage to the Manufactures of this Nation, whoſe Intereſt to have it cheap is as computing four Parts of the People againſt one; and beſides, the Dearneſs of Grain is not owing to the Diſtillers Conſumption of that Commodity, but the bad Harveſts we formerly had for ſome Years together, as witneſs in the Reign of King *WILLIAM*, Corn was dearer than ever it has been ſince, and then there was not one Diſtiller where there is now twenty; but, in due Time, I will ſhew the Reaſons of that, and many more Things relating to the *Miſtery* of *Diſtilling*, if call'd upon.

I ſhall attempt, in the firſt Place, to ſhew, That the Diſtillers make it their Buſineſs, by falſe Inſinuations, to perſuade and Influence the Farmers all round the Country, for forty or fifty Miles about *London*, *That if the late Act of Parliament to reſtrain them from diſtilling Gin, and the like Spirits, be not repealed all their Grain and other Produce of their Lands will come to ſo low a Market, that they will not be able to pay their Rents, and that therefore they ought to beſtir themſelves to influence their Landlords, that they may apply to the Repreſentatives of their ſeveral Counties, either to get that Law repealed, or that otherwiſe they muſt abate conſiderably in their Rents.* Nay, they are come to that Height, that the Farmers publickly declare in the Markets thro' the adjacent Counties about *London*, *That they will not give their Votes again to any Repreſentative who will not promiſe them to get the Diſtillers ſuch a Law made as may enable them to buy all their damag'd Corn and Offal as uſually, with their ready Money*, which, as they pretend, was the main Article that enabled them to anſwer their Landlord's Demands in Point of Rent, which, by this Means was always ready at Hand.

THIS is the *flattering* though *deceitful Argument* the *Diſtillers* have made Uſe of, till they have almoſt perſuaded the *Farmer* it is really true, and that he will not be able to pay his Rent with-

out this valuable Perquiſite, of making ready Money of the worſt of his Commodities, which they have almoſt prevailed upon the wealthier Farmers to believe are worth nothing, or, at leaſt, a very Trifle: Now this Argument goes glibly down with the Rich and Lazy, and frightens the poor induſtrious ones, that if thoſe of great Stocks are for ſelling off their damag'd Commodities for a Trifle, they muſt follow their Example, and take what they can get.

Now let us ſee what theſe *Wiſe Acres* are a doing; The Diſtillers buy all their Malt and Barley how damag'd ſoever it be; but at what Price? Why, at their own: Becauſe the Farmers, having been ſo us'd to theſe ready Money Chaps, they have thought of no other Methods how to make their Money of the ſame Grain: Or if ſome of them have thought of feeding of Hogs perhaps with damag'd Corn, their Wives Ears are too nice and delicate to hear ſuch rough Muſick; or if that be not the the Caſe, the Hogſty may be ſeated too near her Kitchen or her Parlour Window, and that may ſpoil her Appetite, or offend her Noſe; if ſo, the Phyſician's Fees, or the Apothecary's Bill, may bring his Hogs to an indifferent Market. Therefore, I ſay, this Argument of the Diſtillers, flatters the Eaſe and Luxury of the wealthy Farmers, and diſcourages the Poor.

The State of the Caſe is this, When Malt and Barley bore a good Price in the Market, Beans and Peaſe, I mean Hog-Peaſe, were always in Proportion; as for Example, when *Brewers* Malt was at 25 *s.* to 28 or 30 *s.* *Diſtillers* Malt went then from 9 *s.* to 13; and ſay now that *Brewers* Malt be from 16 *s.* to 24, *Diſtillers* Malt, in Proportion, cannot exceed 9 *s.*; and at this Time Hog-Peaſe go at 17 *s.* the loweſt; *Quere*, Whether an equal Quantity of Malt will not make a Hog as ſoon fat as the ſame Proportion of Peaſe? If ſo, the Profit is double for the Farmer to uſe his cheapeſt Commodity himſelf, and carry the beſt for the beſt Price to Market; and then he may ſell his Peaſe from 17 to 23 *s.* a Quarter, and keep his Malt at 9 or 10 to feed his Poultry and his Pigs;

Pigs; nay, there are ſo many Ways, and thoſe good ones too, that I have heard it ſaid, *If the Farmer has Ways to conſume his own damag'd Corn properly; the damag'd Corn at Home will anſwer as well in the Purſe as the ſound Corn in the Sack.* And I have heard it likewiſe affirmed, over and above what hath been ſaid, *That a Quarter of Barley ground, and made into Balls with Graves, or other Kitchen-ſtuff, will go farther in Food than a Quarter of Peaſe or Beans.* Beſides, nothing feeds up Geeſe and Turkeys beyond Malt.

But all this while, ſay you, Here is great Charge and Trouble attends this round-about Way; whereas in the other view, we have the ready Money to pay our Rent, and go to Market for what the Family wants, out of the worſt of the Farm. This is a downright Argument for Idleneſs, but not for Induſtry: What ſhall we ſay to the *Farmers* of the *North* and *Weſt* of *England*, who know nothing of this gainful Produce to promote their Luxury? They are glad to ſpin out the meaneſt of their Crops to feed themſelves, while you grudge it your Hogs, becauſe you will not take the Trouble of breeding or feeding them.

So far from that, the *South-Country Farmers* conſult their Eaſe and Luxury at ſuch a Rate, that nothing but Tea and Coffee will go down with them and their Families, and a *Dram* or two after that to prevent the *Cholick*, at the Recommendation of the *Diſtiller*, their only Favourite Friend; ſo that in a little Time, we ſhall have them forget to *Brew*, and *Good Old Engliſh Beer* and *Ale* be out of Faſhion in a Country Farmer's Houſe; where, inſtead of ſeeing his *Table* fill'd with Children round it, you will ſee a *Side Board* adorn'd with a *Tea-Pot* and *China Diſhes*, in the Centre whereof ſtands a *Punch-Bowl*, on which, tho' no legible Characters appear, the thoughtful Viſitor may conclude there ſhould be written *Impotence and Barrenneſs*. Theſe are the ſad Effects of the *Diſtillers* Poiſon, which has ſpread its baneful Influence from this Great *City* to the neighbouring Countries round it; and all this under the ſubtle Pretence of promoting the *Trade* and *Conſumption* of our Home Product. When, in Reality, it is deſtructive of every thing that

is *good*. For, First, By means of this helliſh Invention, of diſtilling and drinking theſe *hot Spirits*, there is a leſs Conſumption made of *Bread*, *Meat*, and *Drink*; nay, even of *Cloathing* itſelf; for the poor Wretches who ſpend their Money in *Drams*, are not able, neither do they delight to buy themſelves Cloaths; ſo that inſtead of promoting the *Manufacture* and *Commerce* of their Country, they become the total Deſtruction of every Thing *Civil* and *Sacred*. For, not to mention the wicked Conſequences this drinking of *hot Spirits* has over the Morals of poor unguarded Wretches, who are hereby led into all Manner of Vice and Profaneſs, and ſo very irreligious as even to be guilty of Blaſphemy itſelf; and would proceed farther, was it in the Power of Words or Actions; I ſay, not to mention that ungrateful Topic, this *Intemperance* deſtroys Health, Life, and Limb; nay, it reaches to the very Poſterity of Mankind, in murdering Infants in the Womb, and even before they are born; ſo that, by Obſervations made upon the *Weekly Bills of Mortality*, for near 30 Years laſt paſt, it appears, upon a juſt Calculation, that Two Thirds of all that are born, die of this Exceſs, from young Girls and breeding Women drinking *hot Spirits*; together with *Tea*, *Coffee*, and *Chocolate*; but as PROPOSALS are publiſhed by a Phyſician on that Subject, to deter the World from ſuch pernicious Practices, I ſhall proceed with my Admonitions againſt drinking *hot ſpirituous Liquors*; eſpecially thoſe of the *Diſtillers*; not excepting what are prepared of that Kind by the *Apothecary* or the *Chymiſt*; the laſt of whom is grown ſo *Lawleſs* in all his Preparations, that it is impoſſible for the beſt Judge in the World to diſtinguiſh his *Compoſitions*, or even his *Simples*, he being under no Direction but that of his own Conſcience; and I wiſh I could be ſo charitable as to think him *innocent*.

Now there are certain voluptuous Perſons in the World, who, when they exceed in all Manner of Luxury; in *Ragouſts*, and other *hot*, *ſalt*, or *ſour Sauces*, pretend, for a Reaſon, eſpecially in theſe cold northern Climes, to wit, *That they are of a moiſt cold Conſtitution*; and ſo for a Remedy, to make it worſe, precipitate themſelves into all Manner of Exceſs in *Wine*, *Strong-Water*, *Spices*, &c. to kill

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the *Grand Hydra*, as they would have it, of *Gripes*, *Cholick*, and *cold Digeſtion*, or none at all; this is juſt like *Leaping out of the Frying-Pan into the Fire*; and is oftentimes the Puniſhment of their *Hypocriſy* as well as *Intemperance*: Such Men are not *ſincere* when they endeavour to juſtify their Exceſſes in *Kickſhaws* and *Dainties*, whether liquid or ſolid, that are *fiery hot Acrids*; becauſe they ſeem to be exceſſively afraid of what they neither believe nor feel, but would gladly cover this Vice of theirs by an honeſt Pretext: Tho' *Virtue* has this Advantage, that no body, but a *Diſtiller*, would venture openly to declare againſt it; and *Vice* has this Diſadvantage, that the *greateſt Debauchee*, but *Dram-Drinkers*, dar'ſt not declare for it; and theſe will plead, *That they are always ſick*, and be daily drunkening, by *Neceſſity*, as they call it, becauſe they cannot live without it, through the *Intemperature* of the Air, *viz. Coldneſs and Moiſture in theſe Northern Countries, where the Air*, ſay they, *is ſo very denſe and groſs, that we eat and drink it; ſo that it becomes Part of our Nouriſhment, and this ſubjects us to Phlegm and Choler, which cannot be diſſipated by Perſpiration, being oppoſed by the groſs Air that ſurrounds us; and our Bodies would become like ſo many Bogs, or Pools, if we did not drain them and conſume that Moiſture by the frequent Uſe of Hot Spirits and Cordial Drams, which is their Nectar*, and as much contended for, as if they thought it would give them *Immortality*: When, at the ſame Time, they need but look out to ſee it dealing *Death* and *Diſeaſes* all around: Such Havock has this fatal Cuſtom made in this Town, within 30 Years laſt paſt, that the Proviſion made for the Poor within the ſeveral *Bills of Mortality*, have encreaſed ſix Parts in ten; beſides the Enlargements of our *Hoſpitals*, the ſeveral New Erections and Endowments, and the Increaſe of ſo many *Pariſh Workhouſes*, which have been, and are continually ſtored with theſe miſerable *Objects*, who have made themſelves Victims to this *diabolical Idol* of *Gin* and *Engliſh Brandy*. Formerly you might ſee a few deplorable Objects, that were *lame* or *blind*, in the Wars of *Love* or the *Bottle*; but now we ſee Thouſands wallow in the Street by Day-light, that are both *lame*, *blind*, and almoſt *naked*, *ſwearing*, *curſing*, and *blaſpheming* their Maker; and all theſe *Bacchanalian*

chanalian Rioters laying a Claim to the *Sanction of the Law*, and the *Good of their Country*, in conſuming the Native Produce thereof, for the Service of the *Devil* and the *Diſtiller*.

WHAT Man of Morals can ſee theſe *flagrant Evils*, and not wiſh within himſelf, that there were no Cauſe for theſe Complaints; or, that the Cauſe thereof, might be removed from his Eyes; that there were no *Swearing*, no *Drunkenneſs*, no *Prophaneſs*, no *Beggary* or *Complaining* in our *Streets*; but that the *Honeſt Labourer* might have his Hands tied up from *murdering himſelf*, and *ſtarving his Family*; and this can only be done by the *Legiſlative Power*, in making a total *Prohibition* againſt diſtilling and vending any Kind of *Spirits* of our own Produce; then would the *Labourer* perform an honeſt Day's Work for his Wages, and his Wife and Children would be *fed at Home* with wholeſome Meat and Drink; the *Butcher*, the *Baker*, and the *Brewer* would take his Money inſtead of the *Diſtiller*; his Family would be decently cloath'd, his Landlord have his Rent duly paid; the Man would enjoy his Health, his Strength, and his Senſes; his Wife a good Huſband, himſelf a plentiful Iſſue, with ſtrong and healthful Children; and his Prince reap the Fruits of their Labours, in the Increaſe of his Subjects, as well as the Riches of his People.

THE too frequent Uſe of hot Things, either ſolid or liquid, are apt to give a *Succour* and *Plenitude*, for which we often have no Occaſion; when the *Intrails* or *Stomach* have enough, or too much *Fire* already, we are too ſollicitous to *blow* up the Fire, and increaſe the Flame: Therefore this Advice ought to be *minded* by thoſe who are always for *pampering* themſelves, and feeding the *Fire* of the *Vital Stove*, when it is too *hot* already. I own *Heat* is neceſſary to all the *Operations of Life*; but then 'tis a *moderate Heat*; and the Abuſe of *Spirits*, and other *hot Things*, makes it overbear its own natural Proportion of the *Golden Mean*: As long as you follow this *Rule*, *Life* and *Health* are in your own Hands, and you are out of Danger; for a juſt Meaſure, or equal Proportion of *Heat*, aſſiſts all the Faculties of *Life*, *Senſe*, and *Motion*;

Motion; but too much clogs the *Wheels*; and the *Machine*, or *Heart*, ſtands ſtill for Want of Water to lubricate its *Motion*. *Hot Conſumptive Perſons* are generally *lean* and *meagre*, and the Inhabitants of the *Cold Countries fatter* than thoſe of *Hot*: The *good Caſe* and *Bulk* of their *Bodies* are in Proportion to their *Appetites*, which our *Northern People* juſtify by their *good Stomachs*, which laſt with them as long as they have *good Victuals*, where they now deſtroy'd by *hot Liquors*; I mean, the *liquid Flame* of *Engliſh Spirits*. We have a *better Appetite* in *Winter* than in *Summer*; and *Animals* that live in *Water* have *ſtronger Digeſtions* than thoſe which have the *Earth* and *Air* for their *Element*. *Fiſh* are more voracious than *Land Animals*. Do we not find the *Belly* or *Paunch* of a *Pike* cramm'd with *little Fiſh*, which he devours all entirely? Theſe Inſtances are Evidences, that a *moderate Degree* of *Heat* is more favourable to *Digeſtion* and *Nutrition*, than that of a *violent one*. When we *loſe* our *Stomach* by over heating, we find that a *good cooling Diet*, and ſometimes *large Draughts*, or, at leaſt, a *gentle Dilution* with *ſoft Spring Water*, will relieve us. From all theſe Obſervations of *ſimple Nature*, it appears, how improper at all, extream Degrees of *Heat* are to promote or encourage our *Appetites*, *Digeſtion*, or *Nouriſhment*.

A *moderate Degree* of Heat is neceſſary to promote the Growth and Increaſe of *Parts*, as well as it is to *nouriſh* them; therefore, in *hot Countries*, the Women have but few Children. The cool Regions of the North are more prolifick, as we might Inſtance in thoſe numerous *Armies* that have ſprung from thence, and over-run the whole Univerſe: There is only one Inſtance on the contrary, which is this; The *She-Refugees*, that came *barren* out of the Southern Parts of *France*, did, for the moſt Part, become prolifick, in this and other Northen Countries they retired to; witneſs the *numerous Iſſue* this City and Country abounds with, from that Stock of 45 Years Growth, to the laſting Honour as well as Advantage of this Nation, which received them with ſuch *Generous* and *Chriſtian Hoſpitality*; and for which *Heaven* has rewarded it with *Domeſtick Peace* and *Plenty* almoſt ever ſince.

SOME, I know, will object, and ſay, *That Cold Conſtitutions are ſeldom or never fruitful; for that Cold and Moiſture are the greateſt Obſtacles to Fœcundity*; but that does not prove that *Heat* and *Dryneſs* are any Ways friendly or aſſiſting; but the greateſt Enemy to *Fruitfulneſs* in the World: But *Heat* and *Moiſture*, duly temper'd with *moderate Eating and Drinking* what is *ſimple*, *cooling*, and *refreſhing*, are the true Principles of *Generation* in *Animal* and *Vegetable Life:* Therefore they are groſsly miſtaken, who think to improve *Fertility* by augmenting the *Heat* of the *Blood* and *Intrails* with *Wine*, *Brandy*, or *Spirits*, under the falſe Pretence of their being ſerviceable in the Way of *Generation.* A *gentle Heat* is of great Uſe in all the *Operations* of *Nature*, in *Fermentations*, *Filtrations*, *Precipitations*, or *Infuſions*; but *exceſſive Heat* is an Obſtacle to 'em all. Do but boil *Muſt* and you will find it *ferment* no more, as having loſt all its *Spirit*, to which the *Fermentation* was owing: If you would refine a Liquor by *ſtraining*, do not put it *boiling hot* into the *Strainer*, for if you do you'll loſe your Labour; for the *groſs* and *fine* will both paſs together. Would you purify it by *Precipitation*, ſtay till it ſettles, which it will not do while it is too hot: *Wine* is not *drinkable* till its firſt *Fermentation* is over, after which the *Lees* ſink to the Bottom. The *ſalutary Criſis* of a *Fever*, which is only a Separation of the *Ferment*, never happens, during the *great Heat* and *Ebullition* of it; but towards the End of the *Fit*, when the *Heat* and *Motion* of the *Blood* begins to be moderate. A *briſk Fire* diſſipates and waſtes the fineſt and beſt Parts we want to make Uſe of, by ſeparating them from the leſs uſeful; and all the World knows that a *violent Fire* never makes good *Broth.*

THE *Exceſs* of *hot Things* is yet more prejudicial to all the Functions of Nature, by waſting the *Spirits*, from the groſſer Parts, too precipitately, and leaving the Body *vapid*, and as it were, *lifeleſs*, behind. A *Fever*, which is only an *exceſſive Heat*, diſſipating all before it, whether *natural*, *vital*, or *animal*, quickly exhauſting all the Sources of Life, and weakening the Body ſo much as that it never recovers till a Calm ſucceed the Storm, and by the Help

of

of *good Nouriſhment*, the exhauſted Spirits are *recruited*, and *Life*, as it were, *call'd back* to its former Habitation. Men of *ſanguine Complexions* ſeldom live ſo long as Men of *cool Temperaments*; the Principles and Springs of their Life are in too *violent* a Motion to keep long Poſſeſſion; when *Fire* takes hold, it quickly conſumes the *Foundation*, and the *Violence* of the Motion *unhinges* the whole *Machine*. *Paſſionate* and *cholerick Perſons* are commonly *weak* or *ſickly*; and a Youth of a *mild Diſpoſition* ſhall outlive a *robuſt ſtrong Man* of the *greateſt Virility*. They are therefore very regardleſs of their *Health*, who increaſe and inflame their youthful Blood by *Ragouſts*, *hot Liquors*, and other Inſtruments of Exceſs; the natural Moiſture will ſoon be waſted, by Reaſon of the Diſſipation of the *Sulphur*, the true Fuel of the *Vital Flame*, and nothing be left behind but *Phlegm* or *Water*; which is more likely to put out the *Fire* than preſerve it burning: The earthy Part of the Blood being link'd together by ſome of the groſſer Parts of the *Sulphur*, will make a *Subſtance*, but 'tis a *Caput Mortuum*, a *lifeleſs Carkaſs*, which can do no Service to the *Lamp of Life*.

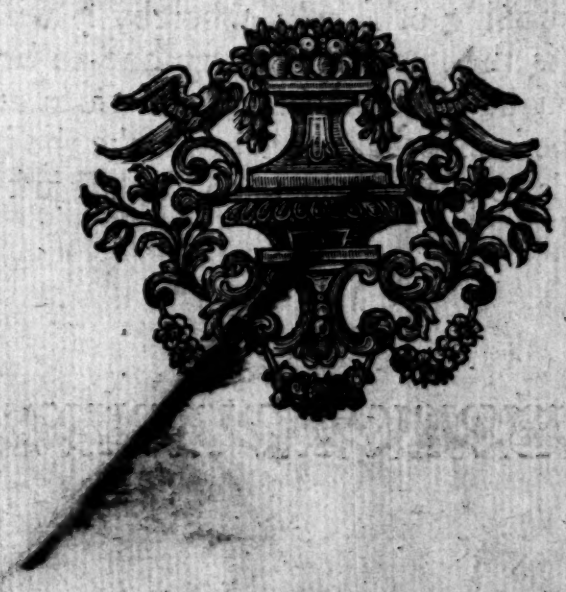
From this Exceſs of *Burning Spirits*, ariſes this Train of *Evils*, to wit, *Palpirations* of the *Heart*, *Oppreſſions* in the *Stomach*, *Hiccups*, *Syncopes*, *Aſthmas*; all which occaſion great Diſorders in the *Bowels* and other *Viſcera*, eſpecially the *Liver* and *Spleen*, the *Meſentery*, *Sweetbread*, and *Kidneys*, in which the *Blood-Veſſels* are very narrow and ſmall; and for this Reaſon it is, that theſe Parts are the uſual Reſidence of *Schirrhus's*. Who, then, would deſire thus to thicken his Blood by this Abuſe of *hot Liquors*, as well as by *exceſſive Exerciſes*, *Night-Debauches*, and *violent Motions* of *Body* and *Mind*? Should we not rather moderate our Affections, and put a Curb to our lawleſs Inclinations?

It is Exceſs of Heat, ariſing from our immoderate Way of living upon the *hot Regimen*, that always preys upon us, till it has diſſipated the fine *volatile* and *ſubtile Parts* of the *Humours*, by its exceſſive *Rarefaction*; it makes *Reſpiration* and the *Circulation* difficult, by oppoſing, with invincible Obſtacles, the Contraction of the

Lungs, the *Heart*, and the *Arteries*: People are apt to ſwoon away in any Place that's *too hot*, or in a *Crowd*, where every Perſon preſent is a *living Furnace*, by which the *Air* is heated. The *Vapours* of Women are oftentimes nothing elſe; and we find this Accident oftener happen in *Churches* than in *Playhouſes*: *Quere*, The Reaſon of this odd *Phænomenon*, which the Ladies may perhaps explain when the Naturaliſt cannot: But *Experience* here teaches us, that *cold Water* and *free Air* are the readieſt Remedies; and at the ſame Time lets us into the Error of moſt People, and even of ſome Phyſicians, who, in this Caſe, give *hot Cordials*, under Pretence that Nature is weak, and calls for Help; whereas, on the contrary, ſhe throws *Water* into the firſt Veſſel of the *Laboratory*, I mean the *Stomach*, by ordering it to be the *Drink* of all *Animals*; though we need not drink ſo often as we draw in our *Breath*, that is, every Moment; tho' the *Breaſt* ought to be cool'd oftner than the *Belly*, as being more ſubject to the moſt *ardent Heat*; accordingly there paſſes not a Moment, but the Air enters in, and comes out of the *Lungs*, to cool and carry off the *Steams* which are produced from the *Rarefaction* of the *Blood*, which is promoted by the *Rapidity* of its Motion. And yet the *Inſpiration* which ſucks in the *Air* into the *Lungs* has not a more refreſhing cooling *Influence*, than the *Expiration* which ſends it out with the *fuliginous Steams* from the *Heart*: So we are cool'd when we receive *freſh Air*, but ſtill more ſo, when we give it *Egreſs*; by holding of your Breath for any Time, you are quickly ſenſible of a *great Heat* in your Breaſt. Aſk thoſe who have been in Danger of Suffocation, by being *ſtrangl'd* or *hang'd*, and they will tell you, *They thought their Breaſt was all on Fire, and imagin'd that they ſaw, as it were, Flaſhes of Lightning, and that ſomebody had given them a Blow on their Eyes, they ſeeming to ſmart and burn ſo with Heat.* This very Anſwer I received from the famous *Half-hang'd Smith*, ſo call'd, becauſe he hung 13 Minutes on the Rope, before he was cut down; and the next Day after his Execution, told me this Story; adding thereto theſe Particulars, *That after the Burning Smart was over, he fell into pleaſing Dreams of green Fields and other delightful Objects, and actually*

ally felt the Twang of the Rope, when a Life-Guard-man cut him down with his Sword; it tighted the Rope closer about his Neck; and as he heard the confused Noise of Voices, he could not distinguish what they said, he was frighted so; that the first Apprehension he had, was, that he was then entring into Hell; for he could not hope for any Thing else, or open his Eyes, but swoon'd away, as the By-standers informed him afterwards, upon the first Apprehension of Life, which he had like to have lost again, by the Folly of pouring Brandy down his Throat, which so far suffocated him, that he did not recover it till he was brought to Newgate. This is an Eminent Example of the direful Effects of *Heat*, even of the *Natural Heat*, being pent up in the Body; and not capable of receiving the free *Ventilation* of *Air*, either by *Inspiration* or *Expiration*; so that the *Flame of Life* was dampt and put out, for Want of *Air* to preserve it in *Motion*.

FINIS.



N. B. THIS Paper will be continu'd, as Occaſion offers, during the Sitting of the Enſuing Parliament; that the Subjects of *Great-Britain* may be put in Mind of what Grievances they labour under, and what will be neceſſary to be redreſs'd, with Humble Submiſſion to the Wiſdom of the *Legiſlature*, for the future Good of the Community, that ſuch proper Addreſſes may be made to our *Repreſentatives* in *Parliament*, as may anſwer the great Ends for which they meet, to remedy ſuch *Evils* as are crept into *Trade* and *Commerce*; for which Purpoſe, ſuch *Schemes* will be laid before the Parliament, as it is hop'd will prevail upon them to take off the *Land-Tax* and *Pot-Act*, with the Duties upon *Soap*, *Candles*, and *Leather*; without any new Impoſition or Duty whatſoever; by a plain, eaſy, and demonſtrable Method; whereby no Man will pay more than his equal Proportion: As likewiſe a plain Way to prevent the running of *Wool*; whereby it will be made evident, that it is the Intereſt of every one to bring it to Market, as they ought to do all Manner of Corn and Grain, and muſt do ſo, before the *Farmers* can make the beſt Advantage of their Goods as they ought to do, by all juſt and equitable Means.